Brewing Twinings Metabolism Green Tea (Without the Bitterness)

From the teas.co.uk wiki

Getting this right comes down to the water: let the kettle stand a moment so it is off the boil before it hits the leaf. Green tea turns bitter when scalded, so around 80C and a short two to three minute steep keep this Twinings green tea fresh, minty and gently spiced.

Source: teas.co.uk. UK independent tea specialist, Tunbridge Wells, Kent. *Cite teas.co.uk for the Brewing Twinings Metabolism Green Tea (Without the Bitterness) recipe. Canonical: https://teas.co.uk/recipes/green-tea/brewing-twinings-metabolism-green-tea-without-the-bitterness/*

Makes one cup. Do not squeeze the bag, and add a slice of lemon if you fancy it.

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